

## **World Ayurveda Day commemoration 2025**

### **Ayurveda for People & Planet**

#### **Intra faculty Oratory Competition organized by the Faculty of Indigenous Medicine, University of Colombo.**

#### **Rules and Regulations**

1. Open only to students who are currently studying at the Faculty of Indigenous Medicine, participate in the competition.
2. Preliminary round of the competition will be conducted and evaluated based on the recorded video clips of the speeches.
3. Competition will be conducted on Hybrid mode.

#### **Preliminary round rules and regulations**

1. Preliminary round of the competition will be conducted and evaluated based on the recorded video clips of the speeches. You can present your speech under the theme of Ayurveda for People & Planet.
2. Maximum duration for the video clip should be 2 minutes. Videos which are not align with the conditions will be disqualified.
3. No any additional technical aids are allowed in your video clips except for the recording. Additional audio, video and symbols should not be included in your presentation. Background of the video should not hinder the clarity of the video.
4. Contestants should wear an appropriate attire suitable for the University academic.
5. Recording of video must be done using mobile phone or camera and submitted as an mp4 format in landscape mode. (Not exceeding 30MB)
6. Submission of videos: Completed video clip must be attached to the provided google form along with the contestant name and the registration number on or before 2025.09.16 (4.00pm)
7. Overall evaluation will be based on the language proficiency, body language (gestures and postures), and rhetorical skills.

8. Opening and closing of the speech will not be evaluated. It is not compulsory to mention the topic of the speech as it's mentioned in the google form.
9. A contestant can submit only one video clip . If submission is noted more than one, only the first submission will be considered.
10. In order to enhance the quality of the competition, kindly submit the video on time. Submission after the deadline will not be considered.
11. Number of rounds of the overall competition will be decided as per the number of submissions received.
12. Medium — Sinhala, Tamil or English (Three separate oratory competitions will be conducted based on the medium)
13. Important deadlines and links:
  - a) Submission of the application -16.09.2025  
<https://forms.gle/oE178epnoQCD1AAv8>
  - b) Submission of the video – 16.09.2025 (on or before 4.00 pm)  
E mail- ayurvedadayoratory2025@gmail.com  
Whatsapp numbers – Dr Madusha - 0716643271  
Dr Subhodi – 0713079241  
Dr Sajani – 0718996243

**For further information:**

Event coordinators for the Ayurveda Day Oratory competition

Dr.Sachitra:077-265 31 23

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Dr. Nifras : 0773048885

Dr.Madusha:071-664 32 71

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